

Nutrition Packet

NOVEMBER



Pozole

INGREDIENTS*

SOUP

- 8 cloves garlic
- 3 to 4 dried guajillo, 5 to 6 ancho and 6 arbol chile pods (see Notes)
- **Vegetable oil**
- 3 pounds **pork chops**
- Salt
- 4 - 15.5-ounce cans white **hominy**, drained and rinsed
- 3 bay leaves
- 2 teaspoons ground cumin
- 2 Tablespoons Mexican oregano (see Notes)

GARNISHES

Prepare desired garnishes while the pozole is cooking.

- One bunch cilantro, chopped
- 1/2 **onion**, chopped
- 2 avocados, chopped
- 2 limes, cut into 8 wedges each
- Red **radishes**, sliced into thin strips

Source: LTBB Odawak FDPiR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPiR program in your community.

LINKS:

YouTube: <https://youtu.be/K57K8ZruRnw>

Instagram: https://www.instagram.com/tv/CUvJdIYsDws/?utm_source=ig_web_copy_link

Facebook: <https://fb.watch/8uXv9Vy07W/>

Download: https://itcmy.sharepoint.com/:v/g/personal/mwillette_itcmy/EbXw4aTfFaFNhyYpyvtAc0UBBBrbC6ZJhdHhWgWVgqDMqw?e=hRI4b4

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Rinse off the tops of the hominy cans. Peel garlic and chop 4 cloves, leave 4 cloves whole, but remove stems and ends.
3. Fill a large pot with 5 quarts of water and a medium pot with 3 cups of water. Set both pots on stove and bring to a boil.
4. Remove and discard stems, most of the seeds and hard veins from the chiles; this will keep the pozole from being too spicy and bitter. Remember: DO NOT touch your eyes after peeling chiles, wear gloves if desired.
5. Heat a cast iron pan on medium high and use tongs to turn and lightly roast the chile pods for a couple minutes, until they begin to soften. Do NOT let them burn. Use the stove fan to avoid breathing any smoke and oils released from the chiles. Once the chiles are soft, add them to the medium pot of boiling water, turn off the heat and cover. Let the chiles soak in the hot water for about 20 to 30 minutes.
6. Cut the pork into 1 to 1 ½ inch pieces. Heat 1-2 Tablespoons of vegetable oil (enough to coat the bottom of the pan) in a large skillet on medium high heat. Pat the pork pieces dry with paper towels if pork is wet. Sprinkle pork pieces generously with salt. Sear the pork cubes on all sides; stirring and turning to brown. You can do this in batches if desired. Pour off extra liquid to help with browning. When the pork is browned, add the 4 cloves of chopped garlic and cook for about a minute.
7. Once the meat and garlic have cooked together, move this to the large pot of boiling water. Scrape up any browned bits of meat and garlic at the bottom of the pan, and add those to the water. Add the drained and rinsed hominy.
8. Add bay leaves, cumin, and 1 Tablespoon salt. When you add the oregano, rub between your hands to break it down. Bring to a simmer, reduce heat, cook for 15 minutes.
9. Red chile sauce: Use tongs to place chiles into the blender; save the soaking water. Add ½ cup of soaking water, 1 teaspoon of salt and the 4 whole cloves of garlic to the blender. Pulse 8 to 10 times. Add 1 cup of soaking water and blend. Add a second cup of soaking water and blend on high for about 30 seconds. Note: Adding 1 cup of soaking water at a time keeps the blender from building up too much pressure.
10. After the sauce is well blended, pour/press it through the sieve to remove tough pieces.
11. Add the red chile sauce to the pot with the pork, hominy and spices. Add 1-2 more teaspoons of salt. Return to a simmer at lower heat while partially covered.
12. Simmer for 2 ½ to 3 hours until the pork is completely tender; the final product should be very soupy to eat with the garnishes. Add additional soaking water to make it soupier. Serve with garnishes.

NOTES AND IDEAS

- Chiles — try to use a mixture of mild and medium heat chiles. The mixture for this recipe was Arbol (spicier), Ancho (mild) and Guajillo (medium-mild).
- “My auntie always uses Mexican oregano, but you CAN use regular oregano, too.” Marjoram can also be used in place of regular oregano for at least part of it, if you do not have Mexican oregano.

Roasted Root-Root Vegetables (Serves 6-8 people)

INGREDIENTS*

- An assortment of root vegetables like 4 **carrots**, 2 sweet potatoes, 2 beets and 1 rutabaga OR any other root vegetables like kohlrabi, parsnips, turnips or radishes OR combination of root vegetables
- 1 small **onion**
- 1/4 cup **vegetable oil** OR olive oil
- 1 teaspoon kosher salt OR ½ teaspoon table salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons coarsely chopped fresh rosemary OR thyme OR oregano leaves OR 2 teaspoons dried rosemary OR thyme OR oregano leaves

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

INSTRUCTIONS

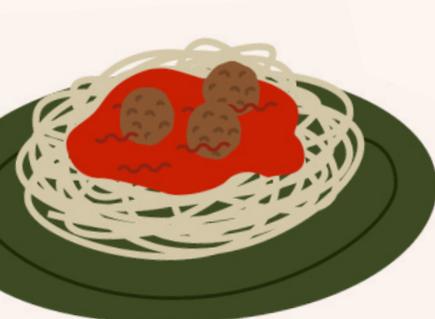
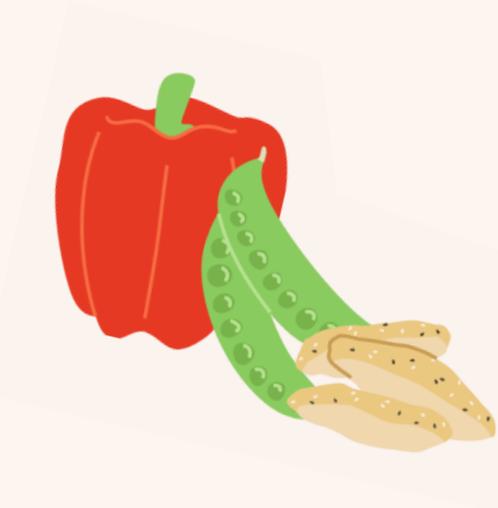
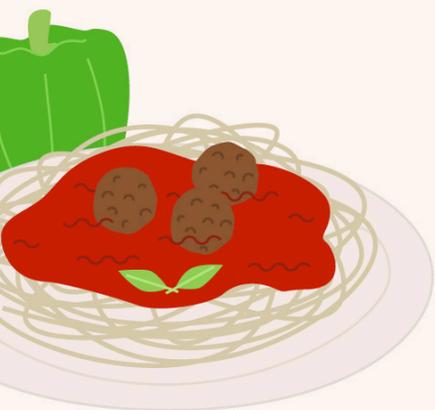
1. Wash your hands before preparing food.
2. Place rack in the middle of the oven and heat the oven to 400°F.
3. Scrub root vegetables to remove all dirt. Pat dry. Peel if desired, then cut into 1 inch chunks.
4. Peel and chop onion into 1 inch pieces.
5. Place root vegetables and onion on a rimmed baking sheet. Drizzle with oil, sprinkle with salt and black pepper. Toss to evenly coat pieces with oil and spread on pan in a single layer. Roast for 30 minutes.
6. In the meantime, wash, chop and measure herbs.
7. After 30 minutes, remove the baking sheet from the oven, sprinkle vegetables with the herbs, and toss to combine. Spread in an even layer. Continue to roast until the vegetables are tender and caramelized, about 10 to 15 minutes more.

NOTES AND IDEAS

- Leftovers can be reheated in a skillet or microwave.
- Leftovers should be used within 3 days.

Healthy Dinners

Creating a budget-friendly dinner takes some planning. To save time and money, take an hour during the weekend to plan weeknight dinners and create a shopping list. Here are 4 simple dinner ideas and a recipe to get you started.



STIR-FRY

In a large wok or sauté pan, heat 1 to 2 tablespoons of canola oil over medium-high heat. Add 6 ounces of tofu, skinless chicken pieces, or lean beef, and cook several minutes until browned. Then stir in thinly sliced or chopped vegetables, such as onions, broccoli, peppers, cauliflower, garlic, and carrots, and continue to cook for about 5 minutes until the veggies are slightly softened. Add flavor with low-sodium soy sauce, rice vinegar, or red pepper flakes.

- This recipe makes 2 servings. Serve with $\frac{1}{2}$ cup of rice per person. Try brown rice for extra dietary fiber.
- **Money-saving tip:** Choose whole, in-season vegetables and slice them at home. Frozen vegetable blends are also a low-cost time saver.

PASTA AND MEAT SAUCE

Cook pasta according to the package directions. Try whole grain pasta for added dietary fiber. Serve 1 cup of cooked pasta per person.

- For the sauce, cook 85% or 90% lean ground beef. If you buy ground beef that is less than 85% lean, drain the grease from the beef after cooking. One pound of ground beef will serve 4 people. Mix the cooked ground beef with canned or jarred tomato sauce. Serve the pasta and meat sauce with a salad or seasonal vegetables on the side.
- **Money-saving tip:** Buy several boxes of whole wheat pasta when it is on sale.

TUNA CASSEROLE

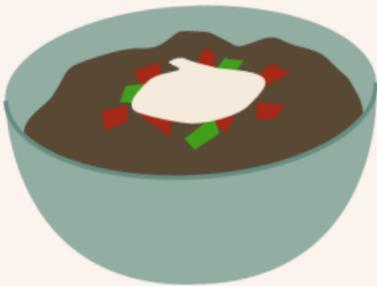
Classic tuna casserole uses simple ingredients you can stock in your kitchen or pantry: canned tuna packed in water, low-fat milk, pasta, and bread (for making crumbs). Try whole wheat bread and pasta for an extra fiber boost.

- Add fresh, seasonal vegetables or frozen chopped broccoli or peas.
- For extra flavor, use a splash of chicken or vegetable stock. Instead of using packaged stock, make your own once a month and freeze it in small portions.
- **Money-saving tip:** Look for sales on larger (12-ounce) cans of tuna, frozen vegetables, and pasta. Also check out store brands—they tend to cost less than name brands.

HOMESTYLE CHICKEN SOUP

INGREDIENTS:

- 5 pounds whole chicken, cut into pieces
- 4 medium yellow onions, peeled and quartered
- 4 celery stalks, cut into thirds
- 6 carrots, peeled and halved
- Handful of fresh parsley sprigs or thyme (or 1-2 tsp dried)
- 2 cups cooked egg noodles or rice
- Salt and black pepper to taste



DIRECTIONS:

- Place chicken, vegetables, and herbs in a 16-quart stockpot and add 7 quarts cool water. Bring to a boil. Lower heat and simmer for 3 to 4 hours, uncovered. Strain the broth through a colander into a large bowl or pot and return to stock pot.
- Once cooled, debone and chop chicken, carrots, celery, and onion and add to broth along with cooked noodles or rice. Serve immediately. Store leftovers in small containers in the refrigerator for another meal to be eaten within 3 to 4 days, or freeze for up to 4 months.
- Tip: Reserve any extra chicken for casseroles or salads.

Healthy Dinners (continued)

CHILI

In a large pot, combine cooked beans (like black, kidney, pinto, or navy beans) with canned tomatoes and chopped vegetables, such as onions, garlic, peppers, and mushrooms. Add cooked ground turkey, chicken, or lean beef, or try cubed, firm tofu. For extra dietary fiber, add leftover whole grains, like cooked brown rice, whole grain barley, or whole wheat couscous. Add chili seasonings, such as chili powder and cumin.

- Top bowls of chili with small portions of shredded, reduced-fat cheese, low-fat sour cream or plain Greek yogurt, bacon bits, or black olives.

Money-saving tip: To save more money, choose 1 or 2 toppings at most. Buy a small block of cheese and shred it at home. Make a second meal using leftover chili on baked potatoes.

Flavor Boosters

Salt and pepper aren't the only options to add flavor to foods. Try the following healthful flavor booster and experiment with your own.

FRESH HERBS

Popular fresh herbs include basil, cilantro, dill, chives, mint, oregano, parsley, tarragon, and thyme.

- Stir chopped basil into prepared tomato sauce.
- Top bean or chicken soups with a sprinkle of freshly chopped dill.
- Flavor seltzer or plain water with mint leaves.

DRIED HERBS AND SPICES

Some common dried herbs include basil, dill, mint, oregano, parsley, rosemary, sage, tarragon, and thyme. Common dried spices include cinnamon, cloves, ginger, nutmeg, paprika, pepper, and turmeric.

- Sprinkle ground ginger on oatmeal.
- Add a dash of paprika to baked chicken.
- Sauté mushrooms with olive oil and a few minced rosemary leaves.
- Add a sprinkle of oregano to roasted potatoes.

CITRUS FRUITS

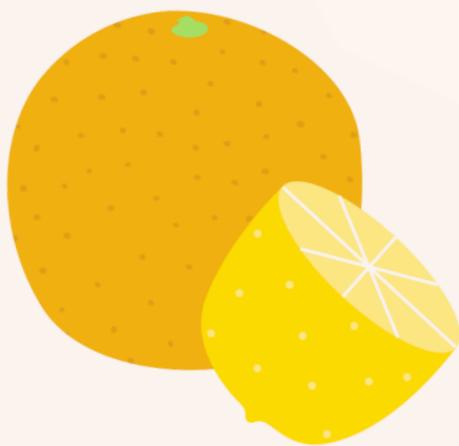
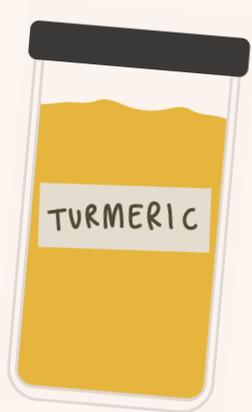
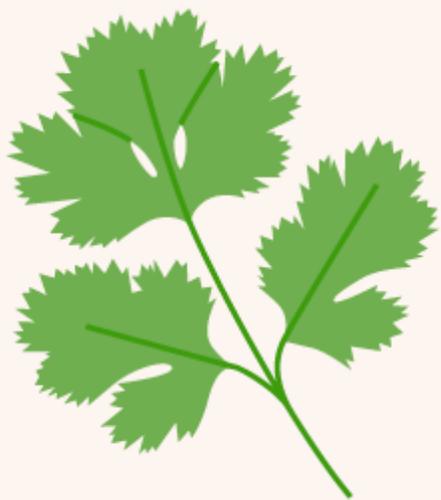
A small amount of juice or peel from citrus fruits can add major flavor. After washing, use a small, sharp knife, microplane, or grater to remove the outer colored part of the peel (the zest). Avoid the bitter white part of the rind (the pith) just beneath the outer peel.

- Squeeze lemon juice or sprinkle lemon zest over baked or grilled fish and cooked vegetables.
- Stir orange zest into oatmeal, yogurt, or cake batter.
- Add a splash of lemon, lime, or orange juice to sparkling water for a refreshing beverage.

STOCKS AND BROTHS

Common flavors of stocks and broths are chicken, beef, vegetable, and fish. Store-bought varieties are usually high in sodium. Look for low sodium versions or try making your own with little or no added salt.

- Cook rice, couscous, pasta, or other grains in chicken or vegetable stock rather than water.
- Create a delicious soup by simmering chopped vegetables in stock or broth.
- Flavor stews with beef or vegetable stock.
- Cook chicken in broth with a splash of wine.



SOME LIKE IT HOT!

Adding some heat to recipes can really kick up the flavor. Here are 5 fiery condiments to try. Start with a small amount and add more until you reach your desired heat level.

- Popular sriracha is a bright, red-hot sauce made from chili peppers, vinegar, garlic, sugar, and salt. Drizzle it on Asian dishes, scrambled eggs, or burgers.
- Prepared horseradish contains grated horseradish root mixed with distilled vinegar. Add a small spoonful to mashed potatoes or root vegetables.
- Garlicky harissa gets its heat from hot chiles and contains cumin, coriander, and caraway. It's traditionally served with couscous dishes but also adds bold flavor when mixed into hummus.
- True wasabi is a green, pungent paste made from the Japanese horseradish root and traditionally accompanies sushi. Jars or tubes of wasabi available in the US usually are often a mix of horseradish, mustard, and food coloring. Add a dash to sauces and salad dressings.
- Gochujang is a thick, spicy paste made with dried red chiles and fermented soybeans. Try it in marinades and dipping sauces.



Flavor Boosters (continued)

MARINADES

Marinades contain an acidic ingredient like wine, vinegar, or citrus juice, which tenderizes meat and vegetables and adds flavor. Always marinate in the refrigerator, not on the counter. Discard marinades or sauces that have come in contact with raw meats.

- Use a reduced-sodium teriyaki marinade for salmon, tuna, beef, and chicken.
- Try a citrus or pineapple marinade for mahi mahi, tilapia, or chicken.

VINEGAR

Vinegar adds tangy, light flavor for just a few calories. Red wine, white wine, balsamic, apple cider, sherry, and rice vinegar are common types. Some vinegars are flavored with garlic, herbs, or fruit. Remember, a small amount of vinegar goes a long way.

- Top a mozzarella and tomato salad with a drizzle of balsamic vinegar.
- Make a homemade salad dressing with raspberry vinegar.
- Add 1 or 2 tablespoons of sherry vinegar to a shrimp stir-fry.
- Stir 1 tablespoon of apple cider vinegar into a pot of lentil soup right before serving.

Gashkadino-Giizis – Freezing Moon

10TH MOON - NOVEMBER

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Dagawaagin	Duh-gwah-gin	Autumn
Gashkadino Giizis	Gush-ka-dih-no-gee-zis	Freezing Moon
Midaaswi	Mih-dahs-wih	Ten
Indinawemaagan	In-dih-nah-way-mah-gun	My Relative
Ziindaagan	Zeen-daw-gun	Sunchoke

*In the White Earth Indian Community, the 10th Moon is called Freezing Moon. What is the name for the 10th Moon in your community? Who would you ask to find out?

ZIINDAAGAN IS OUR RELATIVE

SUNCHOKES NUTRITION INFO:

- Sunchoke are in the same plant family as the sunflower; are also known as a Jerusalem Artichoke
- High in Potassium – needed for healthy muscles
- Vitamin C – supports a healthy immune system
- High in fiber – helps with digestion and can help lower Cholesterol
- Fructose from the inulin in sunchoke has sugar that is better tolerated by people with type 2 diabetes; can be an alternative to potatoes



13 Moons of Anishinaabe Nutrition: A Nutrition Curriculum Based of Traditional Anishinaabe Foods

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